



RARI Patna Organises Mini Expo on Traditional Foods and Millets to Mark 11th Ayurveda Day

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An Exhibition-cum-Mini Expo and Traditional Food Event was organised at the Regional Ayurveda Research Institute (RARI), Agamkuan, Patna, today on the occasion of the 11th Ayurveda Day, being observed under the theme **“Ayurveda for a Healthier Tomorrow”**. The programme focused on promoting awareness about Ayurveda, traditional and nutritious foods, millets (Shri Anna) and healthy lifestyle practices.

The programme was inaugurated by Dr. Krishna Pandey, Director, ICMR-RMNIHR. Dr. Banamali Das, In-charge, RARI, highlighted the importance of traditional and nutritious foods described in Ayurveda and emphasised the role of local, seasonal and diverse food grains in a balanced diet.

The Mini Expo showcased traditional and nutritious food preparations, including local food items, millets and other health-promoting ingredients. Visitors were provided information on their nutritional significance, health-promoting properties and appropriate use in daily diets.

Health screening and medical examinations were also conducted for patients, attendants and members of the general public. Ayurvedic medicines were distributed wherever required, while books and Information, Education and Communication (IEC) materials on Ayurveda, nutrition, disease prevention and healthy lifestyles were also provided.

Participants were sensitised on the importance of balanced nutrition, regular daily routines, proper dietary practices, Yoga and healthy lifestyles. Emphasis was also laid on adopting diet and lifestyle practices according to the season and individual constitution (Prakriti), in accordance with Ayurvedic principles.

Dr. Balaji Potbhare, Nodal Officer, Ayurveda Day; Dr. Ashok Kumar Sinha, Research Officer (Ay.); Dr. Ritika Mishra, Research Officer (Ay.); Dr. Kumari Archana, Research Officer (Ay.); and officers and staff of the Institute contributed to the organisation of the programme.

The programme witnessed enthusiastic participation from patients, attendants and members of the general public, furthering awareness about wholesome and nutritious food, traditional dietary practices and an Ayurveda-based healthy lifestyle.



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